

Book Reviews

Attachment from Infancy to Adulthood: The Major Longitudinal Studies

Grossman, K. E., Grossman K. & Waters, E. (Editors). The Guilford Press: New York, 2005, 332 pp., US \$48.00 hardcover, US \$28.00 paperback.

Attachment theory has come to the forefront, providing an understanding of how people get to be as they are – a belief that the first years of a child's life and the security of their attachment to their significant caretaker figures determine their future mental health.

The editors have, for many years, conducted research into early relationships and followed their subjects over time. They approached the foremost investigators of attachment (23 contributors – 11 studies, from 3 decades of longitudinal studies) and asked them to reflect on how their projects began, the shape it eventually took and how their understandings changed as the projects went forward. What emerges is a very personal account of the research studies, the lessons learned and the investigators' reflections about the field and where it needs to go from here.

The book provides a detailed description of the theoretical constructs beginning with Bowlby. From this, various approaches were developed, beginning with observations in the home, to the development of the laboratory strange situation, to the development of the AAI, an interviewing test.

Clearly having a secure base does influence the child's growth and development, but it is not clear how. There are many happenings that influence the outcome from the child's temperament, to life events, to much that we don't yet understand. Security is protective but it is complex and depends on the context - the predominate affect of the caretaking figure, the quality of fit between parent and child, the sensitivity of the material, and care/commitment are all significant. Over time the quality of early life experiences does influence the ability to explore the world, develop peer relationships and, in the long run, develop close intimate adult relationships and on to the next generation and the ability to parent. Both parents play a strong role but in different ways.

Of interest to me was the longitudinal study of Kibbutz children who slept away from their parents in the children's house and were cared for by the "metapalet". No one was happy with this arrangement and it did not persist. More of these children developed an insecure attachment. If I understand the studies correctly, the attachment was to the group and there were issues in the ability to develop intimate relationships as adults.

This is an incredibly rich book. I found it fascinating how the different researchers approached the question of the attachment relationship and mental health development. It is impressive that they have been able to maintain contact with their subjects and follow them over time, from childhood to adulthood and to the next generation.

Bottom line is that early relationships are important and shape how people turn out, but not in any specific or predictable way. In many ways, we are just beginning to understand the various influences.

Much of the specific details given would be of more interest to researchers rather than clinicians, but I appreciated having the opportunity to share the researchers' thinking and how they were influenced by their findings. I was left with much hope that even if a child does not experience the most attuned and sensitive caretaking, that through other influences they can mature and bad things don't have to go to the next generation. It isn't black or white and there are multiple influences.

If one is curious about attachment and its effects over time, I would certainly recommend a read of this book.

Elsa Broder MD, FRCPC, Toronto, Ontario

Children with Cancer: The Quality of Life

Eiser, C. Lawrence Erlbaum Associates, Inc., Publishers: Mahwah, NJ, 2004, 344 pp., CA \$102.95.

Christine Eiser PhD is the group director of the Cancer Research UK Child and Family Research Group and member of the Department of Psychology, University of Sheffield. She has written several books and papers related to the psychosocial implications of chronic and life-threatening disease for chil-

dren and their families, which are listed on the Research Group website.

In *Children with Cancer: The Quality of Life*, Dr. Eiser accomplishes the daunting task of fulfilling the purpose of the book; namely, to offer not only a comprehensive overview of the issues faced by children and their families affected by cancer, but also to review the literature in a way to highlight research and clinical implications. The target audience is anyone who works in the field of Oncology, and a foundation is provided for both clinicians and researchers alike. The author's aim is to provide an impetus for further collaboration between clinicians and behavioral scientists at national and international levels. Dr. Eiser seeks to describe how quality of life is affected at different stages of the disease process through comprehensive reviews of the impact on physical activity, social life, educational achievements and family. An emphasis is on children with leukemia and brain tumors.

During the first part of the book, the holistic care of the child is described with a medical overview, a history of psychosocial care as well as theories and methods aimed at assessing quality of life. The second part of the book details children on treatment, highlighting the effects of chronic illness on the child, adjusting to cancer, impact on schooling, and learning difficulties associated with leukemia and brain tumors. The third section reviews the family in terms of the parents' perspectives at diagnosis and beyond, and the impact on siblings. The fourth section looks at the topic of surviving childhood cancer as it relates to the long-term consequences, the impact on lifestyle and the impact on parents. The fifth part reviews survival and quality of life research. Conclusions are drawn about current research, with a proposed model of quality of life for children with cancer and clinical implications.

I found the book to be well organized, offering a detailed table of contents, permitting easy reference for the reader. A foundation is laid in early chapters with topics building on each another. A glossary of terms serves as a starting point. Theoretical models are highlighted and scales are explained.

I found it to be a useful resource in my work with children and families affected by cancer. In all, I would rate the book as excellent.

Claire De Souza MD, Toronto Ontario

Dialectical Behaviour Therapy with Suicidal Adolescents

Miller, A., Rathus, J., Linehan, M. Guilford Press: New York, NY, 2007, 346 pp., CA \$40.00.

This textbook has been long anticipated by many clinicians who work with suicidal and self harming adolescents. The work of Marsha Linehan on Dialectical Behaviour Therapy (DBT) has been modified and used with adolescents for a number of years and has been based on some of the earlier publications of Miller and Rathus regarding DBT and suicidal adolescents. A summary textbook covering this area has been long overdue, but as the forward in this book by Charles Swenson suggests, the effort and time put into this book was an attempt to "get it right" as opposed to "getting it done fast".

This text provides an excellent review of the literature, as it stands, on effective treatments for suicidal adolescents. It then goes on to outline the various treatment stages, targets and strategies related to the application of DBT in this age group. For those less familiar with this treatment, DBT skills modules include addressing emotional regulation, interpersonal effectiveness, distress tolerance, "walking the middle path" and core mindfulness. DBT incorporates a "compassionate stance" by therapists using the biosocial theory related to borderline type features, focusing on validation and the application of a dialectical approach which, for example, incorporates "we are doing the best we can" (acceptance) with behaviourism (change).

DBT functions and modes are described in length in chapter 4, including improving motivation for change via individual therapy and enhancing capabilities by skills training. The authors address the need to adapt DBT to the adolescent setting, including the involvement of family members in treatment. For the reader looking for concise information, the authors break it down using concise subheadings and summarize theory and information via figures and tables.

Chapters 5 to 10 represent the core of the application of DBT in this age group including: addressing "dialectical dilemmas", assessing adolescents for treatment feasibility, orienting adolescents and their families to this treatment